



**MAKING  
CHILDREN  
MIND**

---

**WITHOUT  
LOSING  
YOURS**

**Dr. KEVIN LEMAN**



**Daring to be a**  
*LESSON 1*  
**Courageous Parent**



# Making Children Mind Without Losing Yours

- High Point Review
  - You don't have to be a great or perfect parent!
  - You can be a GOOD parent and have a GREAT kid
  - As a parent, you MUST have a game plan
  - 4 essential ingredients of good parenting
    - Time, Love, Affirmation, & Discipline
  - Love & Discipline go hand in hand
    - Hebrews 13



# Making Children Mind Without Losing Yours

- "I just want my kids to be happy."
  - This is a myth
  - Reality: Life has periods of unhappiness
  - Children need to learn from these times to be able to cope with life in practical & personal ways

**Carrot Seekers**

**Snow Plows**



# Making Children Mind Without Losing Yours

- Parental do's & don'ts
  - DO bring them up in the training and admonition of the Lord
  - DON'T provoke your children to wrath
- Reality Discipline
  - Definition: action-oriented way to make children accountable for their actions
  - Goal: get the child to be able to deal in practical (& personal) ways with the reality of the authority of God, established in and through Jesus Christ



# Making Children Mind Without Losing Yours

- Why did you chose to participate in this study?
- What is your parenting style?
- How would you define discipline?
- What is working and what is not working?



# Making Children Mind Without Losing Yours

- What are some strengths you have as a parent and/or as a couple?
  - In terms of making your kids mind
- What is your weakness?



# Making Children Mind Without Losing Yours

- Dr Leman described his children as nice kids who didn't get everything they wanted. What are some ways our society promotes the myth that children should have what they want and that reward is a "right?"



# Making Children Mind Without Losing Yours

Children, obey your parents in the Lord, for this is right. "Honor your father and mother" (this is the first commandment with a promise), "that it may go well with you and that you may live long in the land." Fathers, do not provoke your children to anger, but bring them up in the discipline and instruction of the Lord.

Ephesians 6:1-4



# Making Children Mind Without Losing Yours

- What do the following Words mean?
  - Obey
  - Honor
  - Provoke
  - Discipline (Training)
  - Instruction (Admonition)



# Making Children Mind Without Losing Yours

- Recall the story of Holly's little fingers reaching under the door when she heard her grandmother.
- How do you think Dr. Leman's actions supported the truths in Ephesians 6?



# Making Children Mind Without Losing Yours

- How did Dr. Leman discipline Holy in love while still honoring his mother?
  - She didn't agree with him
- How do you think your behavior and attitudes toward your parents can influence your child's behaviors and attitudes toward you?



# Making Children Mind Without Losing Yours

- Discuss your understanding of Dr. Leman's concept of reality discipline.
- Reality Discipline is the action-oriented way to make your children accountable for their actions
- The Goal is to get the child to be able to deal in practical ways with the reality of the authority of God, established in and through Jesus Christ



# Making Children Mind Without Losing Yours

- What words or phrases trouble you about your awesome responsibility as a parent?
- In light of the goal of Reality Discipline, how can parents' lives reflect their recognition of the authority of God established in and through Jesus Christ?



# Making Children Mind Without Losing Yours

- Scripture Speaks on Discipline
  - Develop a bumper sticker based on the following passages
- Proverbs 10:17  
Whoever heeds instruction is on the path to life,  
but he who rejects reproof leads others astray.
- Proverbs 12:1  
Whoever loves discipline loves knowledge, but he  
who hates reproof is stupid.



# Making Children Mind Without Losing Yours

- Proverbs 13:18  
Poverty and disgrace come to him who ignores instruction, but whoever heeds reproof is honored.
- Proverbs 15:32  
Whoever ignores instruction despises himself, but he who listens to reproof gains intelligence.
- Proverbs 19:18  
Discipline your son, for there is hope; do not set your heart on putting him to death.



# Making Children Mind Without Losing Yours

- Proverbs 22:15  
Folly is bound up in the heart of a child, but the rod of discipline drives it far from him.
- Proverbs 23:13  
Do not withhold discipline from a child; if you strike him with a rod, he will not die.
- Proverbs 29:17  
Discipline your son, and he will give you rest; he will give delight to your heart.



# Making Children Mind Without Losing Yours

- What was your bumper sticker?
- Do you ever feel like you live in a zoo?
  - Schedules are extremely busy
- Discuss some positive & negative examples of how parents discipline their children that may match the "zoo" scenarios that follow



# Making Children Mind Without Losing Yours

- My home is a zoo and I'm the animal trainer
- My home is a zoo and my kids are the zookeepers
- My home is a zoo and it's feeding time again
- My home is a zoo and I'm left cleaning up after the elephants





**MAKING  
CHILDREN  
MIND**

---

**WITHOUT  
LOSING  
YOURS**

**Dr. KEVIN LEMAN**



# Why Kids

## *LESSON 2*

# Misbehave



# Making Children Mind Without Losing Yours

- Is it ok to fail?
- How can you see the reasons kids misbehave in your family?
  - Attention
  - Power
  - Revenge



# Making Children Mind Without Losing Yours

- How can you better control the balance between discipline and healthy authority?
- What new things did you hear today that shed light on what reality discipline is?



# Making Children Mind Without Losing Yours

- Do you agree with Dr. Leman's comment that most children misbehave because parents expect them to misbehave?
- In the bible who failed?
  - Hear what John 21:15-22 says



# Making Children Mind

## Without Losing Yours

When they had finished breakfast, Jesus said to Simon Peter, "Simon, son of John, do you love me more than these?" He said to him, "Yes, Lord; you know that I love you." He said to him, "Feed my lambs." He said to him a second time, "Simon, son of John, do you love me?" He said to him, "Yes, Lord; you know that I love you." He said to him, "Tend my sheep." He said to him the third time, "Simon, son of John, do you love me?" Peter was grieved because he said to him the third time, "Do you love me?" and he said to him, "Lord, you know everything; you know that I love you." Jesus said to him, "Feed my sheep. Truly, truly, I say to you, when you were young, you used to dress yourself and walk



# Making Children Mind Without Losing Yours

wherever you wanted, but when you are old, you will stretch out your hands, and another will dress you and carry you where you do not want to go.” (This he said to show by what kind of death he was to glorify God.) And after saying this he said to him, “Follow me.” Peter turned and saw the disciple whom Jesus loved following them, the one who had been reclining at table close to him and had said, “Lord, who is it that is going to betray you?” When Peter saw him, he said to Jesus, “Lord, what about this man?” Jesus said to him, “If it is my will that he remain until I come, what is that to you? You follow me!”



# Making Children Mind Without Losing Yours

- Describe circumstances or situations where it might be easier for you to allow your child to fail.
- Describe circumstances or situations where it might be difficult for you to allow your child to fail.



# Making Children Mind Without Losing Yours

- Why is it hard to let them fail?
  - Afraid they could be physically hurt
  - Afraid it might ruin their self-esteem
  - Embarrassment in front of others
  - I want them to be successful
  - Afraid their failures mean that I have failed as a parent
  - My duty as a parent is to protect them from bad things



# Making Children Mind Without Losing Yours

- Examples of Life
  - What would you do?





**MAKING  
CHILDREN  
MIND**

---

**WITHOUT  
LOSING  
YOURS**

**DR. KEVIN LEMAN**



**Becoming the Parent**

*LESSON 3*

**God Wants You to Be**



# Making Children Mind Without Losing Yours

- Authority
  - God THE supreme authority, but is not authoritarian. God created people with a choice—obey God or obey Satan (this is called the Bound Will)
  - Parents are under God's authority and are accountable for their choices
  - Parents guide their children with love and freedom, yet hold them accountable for their choices



# Making Children Mind Without Losing Yours

- Children are under the authority of their parents, but not puppets; instead they are to be students
- Rules
  - Rules without relationships leads to rebellion
  - Relationships are the key, not rules
  - When children rebel, hold them accountable with actions (no warnings)



# Making Children Mind Without Losing Yours

- Super Parent Syndrome
  - Long on control—short on love and support
  - I own my children
  - I am judge and jury
  - My children can't fail
  - I am the boss—what I say goes



# Making Children Mind Without Losing Yours

- Building self-discipline
  - Children need guidance
  - Even want you around (they won't admit it)
  - Parents have to make decisions that may not be popular
  - Set up boundaries and back off
  - Believe in your children
  - Discipline when boundaries are transgressed



# Making Children Mind Without Losing Yours

- Tell your children why it is ok to be different

“Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.”

**Romans 12:2**



# Making Children Mind Without Losing Yours

- What are some of your roles as a parent?
  - See Ephesians 6:1-4 again
- Parenting styles
  - Authoritarian
  - Authoritative or Responsible
  - Permissive



# Making Children Mind Without Losing Yours

- Authoritarian Parenting Style
  - Makes all decisions for the child
  - Uses reward & punishment to control behavior
  - Sees self as better than the child
  - Runs home with an iron hand
  - Grants little freedom to the child
  - Provokes rebellion—fight the power



# Making Children Mind Without Losing Yours

- Permissive Parenting Style
  - Slave to the child
  - Priority is the child, not spouse
  - Robs child of self-respect and self-esteem because they do everything for the child
  - Makes things as easy as possible for the child—Disneyland experience
  - Invites rebellion with inconsistent parenting



# Making Children Mind Without Losing Yours

- Authoritative/Responsible Parenting
  - Give child choices and Formulates guidelines
  - Provides decision-making opportunities
  - Develops consistent, loving discipline
  - Holds the child accountable
  - Lets reality be the teacher
  - Conveys respect, self-worth and love
  - Enhances the child's self-esteem and self-respect
  - Builds appropriate relationships



# Making Children Mind Without Losing Yours

- How would each parenting style react to the following situation

“Amanda seems to enjoy the 3<sup>rd</sup> grade, but her teacher called today to tell you that Amanda does not always turn in her homework. She said this happens about once a week.”



# Making Children Mind Without Losing Yours

- "Rules without relationships lead to rebellion"
  - Do you think this is true?
  - When do you see it?
  - Any personal experience?



# Making Children Mind Without Losing Yours

- If the goal is the relationship—not the rules—should Authoritative parents have rules?



# Making Children Mind Without Losing Yours

- The Super-parent myth matching game

I own my children	Children learn they are accountable for their decisions by succeeding & making mistakes
I am judge and jury	Children are a gift from God—they belong to Him
My children can't fail	Parents guide children toward making wise decisions about life
I'm boss: what I say goes	Spend time guiding children to work out differences, not "who started it"





**MAKING  
CHILDREN  
MIND**

---

**WITHOUT  
LOSING  
YOURS**

**DR. KEVIN LEMAN**



**9 Ways To Become Your**

**LESSON 4**

**Teenager's Best Friend**



# Making Children Mind Without Losing Yours

- Make your home the center of activity
- Listen to your kids when they are ready to talk
  - "Tell me more about that"
  - WARNING: they will want to talk at the weirdest hours!
- Talk about your IMPERFECTIONS
  - Tell stories, share your faith, build relationships



# Making Children Mind Without Losing Yours

- Spend time with your kids
  - Don't just condemn their failures
  - Affirm their wise decisions
- Expect the best of your kids
  - Don't take any "guff"
- Don't snowplow life for them
- Love & Respect your mate



# Making Children Mind Without Losing Yours

- Never beat or bully your kids
  - Don't over do discipline
  - Don't drag it out
  - Take your time
  - The shepherd's rod is for guiding the sheep
- Pray for your children



# Making Children Mind Without Losing Yours

- If you had a sign on your home, what would it say?
  - "Home, Sweet Home"
  - "As for me and my house, we do what dad says!"
- What parenting style wants to be friends with their children?
  - Authoritarian
  - Responsible
  - Permissive



# Making Children Mind Without Losing Yours

- Many parents laugh about having family activities at home
  - Is it difficult to get the family together?
  - What are some alternative ideas to this?



# Making Children Mind Without Losing Yours

- Many parents don't listen to their kids
  - They are actually telling them to stop talking, parents don't mean to send these messages
- Examples
  - "Oh, its not that bad..."
  - "Don't even worry about that"
  - "That happens to everyone"



# Making Children Mind Without Losing Yours

- "Don't say that about yourself"
- "I can't believe you said that"
- "You know you're not supposed to call me at my office. What's wrong?"



# Making Children Mind Without Losing Yours

- Dr. Leman encourages parents to be approachable and "walk slowly."

Real

Encouraging

Affirming

Loving

Be a REAL parent!



# Making Children Mind Without Losing Yours

- Share your imperfections & weaknesses
  - Share stories
  - Share growth
  - Share faith



# Making Children Mind Without Losing Yours

- How does the parable of The Prodigal Son (Lk 15:11-32) support the no snowplowing theory?
  - How can your children be the "Prodigal"?





**MAKING  
CHILDREN  
MIND**

---

**WITHOUT  
LOSING  
YOURS**

**DR. KEVIN LEMAN**



**The ABC's of**  
*LESSON 5*  
**SELF-IMAGE**



# Making Children Mind Without Losing Yours

- Accept
  - Love your children for who they are, not what they do
  - Be an encourager, not a "flaw-picker"
  - Acceptance doesn't mean let them do what every they want—remember there is still discipline when boundaries are crossed



# Making Children Mind Without Losing Yours

- Belong
  - Make home a place where kids belong, not a hotel where they bunk
  - Plan those home games
  - Avoid the activity trap—get your kids OUT of some activities
    - Be involved, but not over involved
  - Expect kids to give back to the family



# Making Children Mind Without Losing Yours

- Competence
  - Help kids develop independence
  - Build their understanding of "self"
    - Make them feel like somebody
  - Encourage in all ways
    - Steer clear of the "critical eye"



# Making Children Mind Without Losing Yours

- How do you think accepting children for who they are lays a foundation for self-esteem in Jesus Christ?
  - Look at the following scriptures

“But God demonstrated His own love toward us, in that while we were still sinners, Christ died for us.”

Romans 5:8



# Making Children Mind Without Losing Yours

“For by grace you have been saved through faith, and this not of yourselves; it is a free gift of God, not by works, so that no one should boast.”

**Ephesians 2:8-9**



# Making Children Mind Without Losing Yours

- Think of people who accept you for who you are, not for what you do
- What do they say or do that makes you feel accepted?



# Making Children Mind Without Losing Yours

- What are some of the things you say and do that make your children feel accepted and loved?
  - What are some things that contradict this notion?
- Dr. Leman focuses on encouragement
  - What is encouragement
  - How is it different from praise



# Making Children Mind Without Losing Yours

- Imagine you are William...
  - How do you feel
  - What are you thinking
  - What if you were William's father
- Review the suggestions Dr. Leman gave for helping children feel like they belong to the family
  - What new ideas can you put into use?





**MAKING  
CHILDREN  
MIND**

---

**WITHOUT  
LOSING  
YOURS**

**DR. KEVIN LEMAN**



**When to let the Little**  
*LESSON 6*  
**Buzzards Tumble**



# Making Children Mind Without Losing Yours

- What did Dr. Leman stress about setting a time for curfew?
- How do you feel about it?
- What are some factors to consider?
- What did you find helpful for dealing with children who do not want to do chores?



# Making Children Mind Without Losing Yours

- “Quit telling me what to do—you’re not my boss”
  - Don’t listen to tattling
  - If it is harmless tattling, say “I’m sure you can handle it”
  - Make children cooperate
  - Ignore the tattling by saying “thank you” so you can screen the real complaints from tattling



# Making Children Mind Without Losing Yours

- "Make Sherry leave me alone"
  - Firmly but gently remove both children from the room immediately
  - Leave them in their room alone (time out)
  - Allow them to return after a set time and when they can behave themselves



# Making Children Mind Without Losing Yours

- "Why can't I go to the movie with a Boy? I'm 13 years old!"



# Making Children Mind Without Losing Yours

- Suppose your first grade daughter, Ella, falls and uses the Lord's name in vain. Ella's older siblings laugh and leave the room. What would you say?



# Making Children Mind Without Losing Yours

- Which of the following family values are most important to you?
  - Rank them from 1 to 11, 1 being the most important



# Making Children Mind Without Losing Yours

- Make tough decisions
- Get kids out of some activities
- Raise your own children
- Realize people are more important than things
- Discipline with love
- You can't run your life on feelings
- Take your children to worship
- Have dinner as a family
- Realize your kids don't need what you didn't have
- Turn off your TV—it's what you don't see that should concern you
- Walk it, don't just talk!



# Making Children Mind Without Losing Yours

- What do you need to change to reflect the family values?
- Be intentional about living out these values, just as we should be intentional about living out our faith!



# Making Children Mind Without Losing Yours

- Dr. Leman has concerns about what he does NOT see on TV
  - Kids respecting adults
  - Adults acting like adults
  - Fathers depicted as loving, giving, caring
  - People who live their faith—prayer & worship
  - Programs emphasizing giving over getting
  - Programs that show reality, and the consequences of casual sex



# Making Children Mind Without Losing Yours

- Parents cannot and should not be with their children 24/7. How can Christian values and faith help them in the times when you are not present with them?



# Making Children Mind Without Losing Yours

- How does parenting reflect the Christian life style?
- How can we change as parents?
- How can we have strength to be "good" parents?



# Making Children Mind Without Losing Yours

- Thank you!